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# Pride: From protest to celebration

**LGBTQ.** Progress over the decades heartens Pride Week organizer

James Steck organizes Pride Week events at Celebrities Nightclub on Davie Street in Vancouver. EMILY JACKSON/METRO

A lot has changed since Celebrities Nightclub opened its doors as a haven for the LGBTQ community on Davie Street 30 years ago.

Same-sex marriage is legal, politicians proudly march in the Pride Parade, and acceptance of the LGBTQ community has grown beyond Vancouver's gay neighbourhood, said James Steck, organizer of Pride Week events for the legendary nightclub.

"It's gone from more of a protest march to a celebration parade of diversity," Steck said Sunday.

Vancouver's 36th annual Pride Week officially kicks off Monday, and Celebrities is marking its 30th anniversary with a DJ set from Mayor Gregor Robertson.

Support from elected officials shows how far Vancouver has come in accepting the LGBTQ community, no matter what part of town they're in, Steck said.

"You've seen that gay bars have been disappearing.... The gay and lesbian communities are much more accepted in all environments," he said.

"It's been a long time fighting it, but for a gay man it's a wonderful feeling to be able to walk down the street with my partner and not have to feel afraid or look over my shoulder."

Celebrities now caters beyond the LGBTQ community with high-profile DJ shows attracting a variety of people, but it stays strong to its roots. Security goes through extensive training to ensure a safe environment.

It's one of many venues hosting events to celebrate diversity in a week that culminates in the Pride Parade, which 650,000 people are expected to attend on Sunday.

**Tips for Pride Week**

- Buy tickets to events in advance to avoid long lines (Celebrities tickets can be purchased at thisispride.ca).
- Get to the parade early to stake out a seat and bring lots of water — the forecast calls for hot weather.
- Download the Vancouver Pride Passport smartphone app.

For the first time, the Vancouver Pride Society will livestream the parade, and it has an official Pride smartphone app so people can keep up with the events.

The buy-in from mainstream society, including businesses, the city and the police chief, shows how much has changed since the parade's early days, said Caryl Dolinko, the society's communications co-ordinator.

"The fact that our mayor shows up at our parade and honours it says to me we are living in a safe community that supports our right," Dolinko said. EMILY JACKSON/METRO

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Stroke victim

## Man lives week on toilet water

Water from a toilet and thoughts of his family kept a Dawson Creek man alive for a week when a stroke left him partially paralyzed on his bathroom floor.

Sitting in a wheelchair at the Holy Family Hospital, Steve Adsley, 62, recounted his seven days of misery after he collapsed in his condo on June 26.

Adsley grew thirsty after several hours, so with his functioning right arm, he unscrewed a small cup that covers the toilet bolt and began to scoop water.

"It's not great but it beats no water," he said.

At the end of Day 4, Adsley ran out of water because he couldn't reach the lever.

His screaming, which he had to ration as his energy waned, finally caught the attention of a neighbour on Day 7. THE CANADIAN PRESS

Celebration of Light

## Day 1 of fireworks largely peaceful

Fireworks were largely restricted to the skies at the first night of the Celebration of Light on Saturday. Even with 250,000 people crowding beaches and prime viewing spots, Vancouver police say it was a relatively responsible night.

Just one person was arrested for public intoxication and another 17 for breach of the peace. Police made 239 liquor pour-outs, 48 liquor seizures, two weapon seizures and issued 53 violation tickets.

Transit police arrested three people, including two over an alleged stabbing, and made 49 liquor pour-outs. MATT KIELTYKA/METRO

Visitors watch the belugas swim at the Vancouver Aquarium on June 25. THANDI FLETCHER/METRO FILE

# Crowd gathers to request end to cetacean captivity

**Vancouver Aquarium.** Park board bombarded by voices of experts, impassioned residents

STEFANIA SECCIA
vancouver@metronews.ca

Ten-year-old Kaija Wyness was practising her three-minute speech to the Vancouver Park Board outside its special meeting Saturday morning. She planned to ask the commissioners to end the captivity of cetaceans — marine mammals like dolphins, whales and porpoises.

More than 130 people signed up to address the park board over the Vancouver Aquarium's cetacean program. Not everyone was heard, so the meeting continues Monday.

"You want me to believe that rather than fix the wrongs … that we have done to the ocean, it's better to buy a ticket to see whales and dolphins in their pretend pool of an ocean while we ignore what is happening in real life?" Kaija recited. "I refuse to do that."

The girl had the help of her aunt, Sarah Hambley, to write the speech. Hambley used to work at an aquarium in the U.S. and didn't question why she was putting stress pills in the dolphin's food. She's since become an advocate for the release of cetaceans.

"A lot of the arguments the aquarium uses, they just don't cut it," she said. "It's a lot of euphemisms to say that they make a lot of money."

Dozens lined the halls outside the board room, waiting for their turn to speak after presentations by Dr. Joseph Gaydos and Vancouver Aquarium representatives.

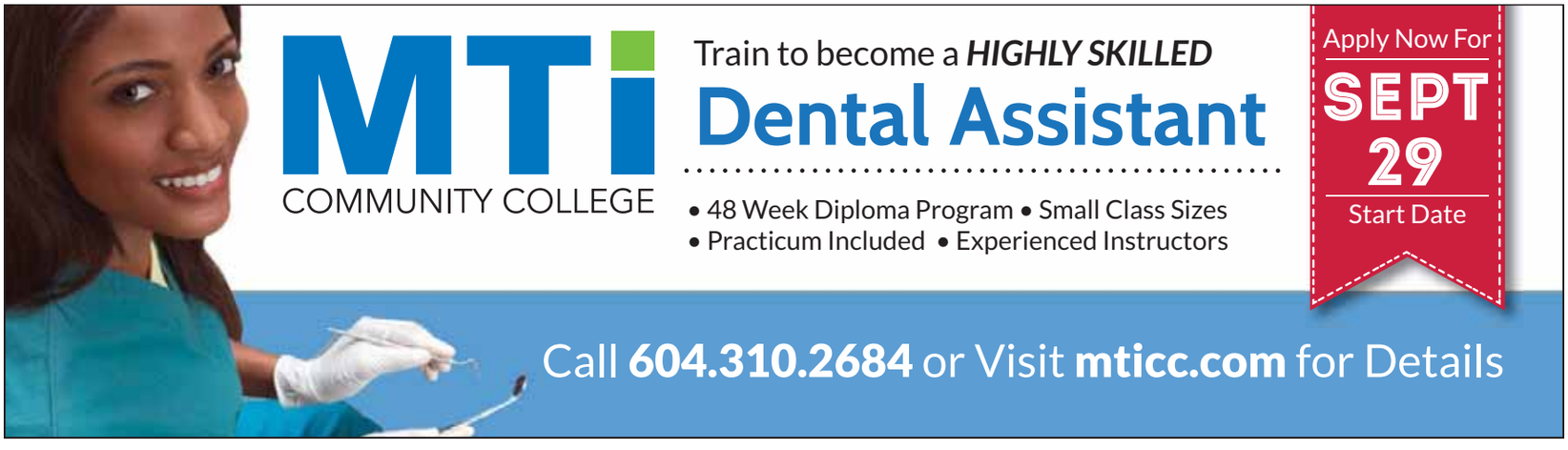
Gaydos — a practising wildlife veterinarian and chief scientist of the Wildlife Health Center's SeaDoc Society Program at the University of California, Davis — presented his report, which was requested by the Vancouver Park Board.

Gaydos' report called for a scientific study addressing the morality of captivity and for the aquarium to release annual reports on the state of cetaceans.

Aside from the speakers who signed up, there were also many letters sent in to the park board. A former minister of environment and minister of fisheries and oceans wrote in to support the Vancouver Aquarium.

"I am a lifelong conservationist," wrote John Fraser, who served in the House of Commons from 1972 to 1993.

"I have visited all corners of this country and some other countries and have learned much about the importance of the conservation of our natural world. There are few organizations that are as well regarded and have had such an important impact on the conservation of our natural world as the Vancouver Aquarium."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# B.C. man donates luxury home to cancer research

**Valued at $1.4M.** The home, named Madrona Grove, will be auctioned off next month

THANDI FLETCHER
thandi.fletcher@metronews.ca

It's not every day the B.C. Cancer Foundation receives a $1.4-million donation in the form of a house.

"This is quite unique," said Lou del Gobbo, the foundation's vice-president and chief financial officer. "It's quite a significant gift."

Owned by retired Vancouver businessman Robert Conconi and wife Diane, the couple decided to donate their dream home, named Madrona Grove, on Pender Island, to cancer research shortly after Conconi overcame his own cancer diagnosis.

Four years ago, doctors gave Conconi the devastating news he had throat cancer — the same disease that claimed his father's life 30 years ago.

Today, Conconi is proud to report he is cancer-free. He credited his recovery to his quick start on chemotherapy and radiation treatment at the B.C. Cancer Agency, as well as the agency's "caring and dedicated team of doctors and technicians."

"With cancer, it is all a race against time," Conconi, who was sailing off B.C.'s Central Coast on Thursday, told Metro in an email interview. "Early detection is everything."

Although he and his wife had originally planned on moving into the oceanfront home, which was built in 2012, Conconi said their plans quickly changed once construction finished.

With his own father's cancer experience in mind, Conconi said he saw first-hand how far treatment has come in a relatively short amount of time, and he knew he had to do everything in his power to pay it forward to other cancer patients in the province.

This $1.4-million oceanfront Pender Island home is being auctioned off for cancer research. SHAWN TALBOT/GARAGE SALE LUXURY AUCTION HOUSE

"The decision was simple," he said. "Individuals that would have been diagnosed and given six months to live 10 years ago can now receive immediate treatment and go on to live a normal life expectancy."

Madrona Grove will be auctioned off Aug. 22 at the Garage Sale Luxury Auction House, with 100 per cent of the net proceeds going directly to the B.C. Cancer Foundation.

## Cottonwood Golf Course. Plane crash south of Nanaimo leaves two dead

Two people have been killed in a small plane crash near Nanaimo on Vancouver Island.

Transportation Safety Board spokesman Bill Yearwood says the plane, an "amateur-built" Avid amphibious aircraft, crashed on takeoff from the Nanaimo Airport in Cassidy Saturday evening.

Cassidy is located about 20 kilometres southeast of Nanaimo.

Yearwood said the single-engine two-seater went down on the Cottonwood Golf Course, which is adjacent to the airport, and that the two people on board died of their injuries.

Some golfers were on the course at the time of the crash, but Yearwood said there are no reports of anyone else being injured.

Yearwood said Mounties are interviewing witnesses on the ground as they, along with the TSB and the BC coroner's service, investigate the crash.

Weather conditions were sunny and clear at the time of the fatal accident.

THE CANADIAN PRESS

**Abbotsford**

## Multiple stabbing sends four people to hospital

Abbotsford police are investigating a multiple stabbing that sent four people to hospital.

Officers say they responded to calls of a man with a knife stabbing people on Saturday evening.

Police say all of the victims were adults and some of their injuries are serious.

A man in his 30s was located and arrested by officers.

No other details have been released.

THE CANADIAN PRESS

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# Israel, Hamas exchange fire during temporary truce time

**Gaza crisis.** Each side blaming the other for scuttling ceasefire efforts ahead of Muslim holiday marking end of Ramadan

A Palestinian doctor treats three-day-old Shaymaa al-Sheikh Ali at Nasser Hospital in the Gaza Strip Sunday. The baby's mother, who was killed by shrapnel from an airstrike, posthumously gave birth by C-section. EYAD BABA/THE ASSOCIATED PRESS

Warrant Officer Rami Cahlon's brother cries over his grave during a funeral in Hadera, Israel, Sunday. Cahlon was injured during fighting in Gaza and died four days later. ODED BALILTY/THE ASSOCIATED PRESS

Israel and Hamas launched new attacks Sunday in the raging Gaza war, despite each side offering different truces to temporarily halt nearly three weeks of fighting ahead of a major Muslim holiday.

After initially rejecting an Israeli offer Saturday for a 24-hour truce, Hamas said Sunday it agreed to hold fire ahead of the Eid al-Fitr holiday marking the end of the Muslim fasting month of Ramadan. But as Israel's Cabinet met to discuss the offer and the ongoing war, rockets rained down on southern Israel and Israeli strikes could be heard in Gaza.

Each side blamed the other for scuttling the efforts.

Hamas said that "due to the lack of commitment" by Israel, it resumed its fire. Israeli Prime Minister Benjamin Netanyahu said that Hamas showed it could not be trusted after it violated other cease-fire efforts.

"Israel is not obliged and is not going to let a terrorist organization decide when it's convenient to fire at our cities, at our people, and when it's not," Netanyahu told Fox News Sunday.

International diplomats had hoped a temporary lull could be expanded into a more sustainable truce to end the bloodshed and UN chief Ban Ki-moon urged the sides on Sunday to accept a 24-hour break in fighting.

The 20-day war has killed more than 1,030 Palestinians, mainly civilians, according to Palestinian health officials. Israel has lost 43 soldiers, while two Israeli civilians and a Thai worker were killed by rocket and mortar attacks from Gaza.

Each side remains far apart on terms for a final ceasefire. Hamas has demanded that a crippling blockade of Gaza be lifted and Israel has asked that Gaza be demilitarized.

THE ASSOCIATED PRESS

# High-risk inmates to test out electronic monitoring device

High-risk offenders in Ontario and Quebec are among inmates slated to take part in a federal prison service pilot project to test the effectiveness of electronic monitoring devices.

Data will be collected for at least two years before a decision is taken on further use of the devices, to be worn by offenders completing sentences in the community.

Only medium- or high-risk male offenders out on statutory release or subject to a long-term supervision order will be eligible to take part in the pilot, says a September 2013 Correctional Service memo to regional deputy commissioners.

The Ontario and Quebec regions were selected because they have the largest number of high-risk offenders with special conditions imposed on their release, adds the memo.

THE CANADIAN PRESS

**The bracelets**

The bracelets can be programmed to send an alert if the offender violates a release condition. Officials see the tool as a means of overcoming the challenges of monitoring those who have been ordered to abide by a curfew, or to avoid schools, parks, bars or gang areas.

# Broken bones, ear-nose-throat top residential school claims

The vast majority of claims filed by Indian residential school survivors seeking extra compensation for medical injuries are for hearing loss, respiratory illnesses and broken bones.

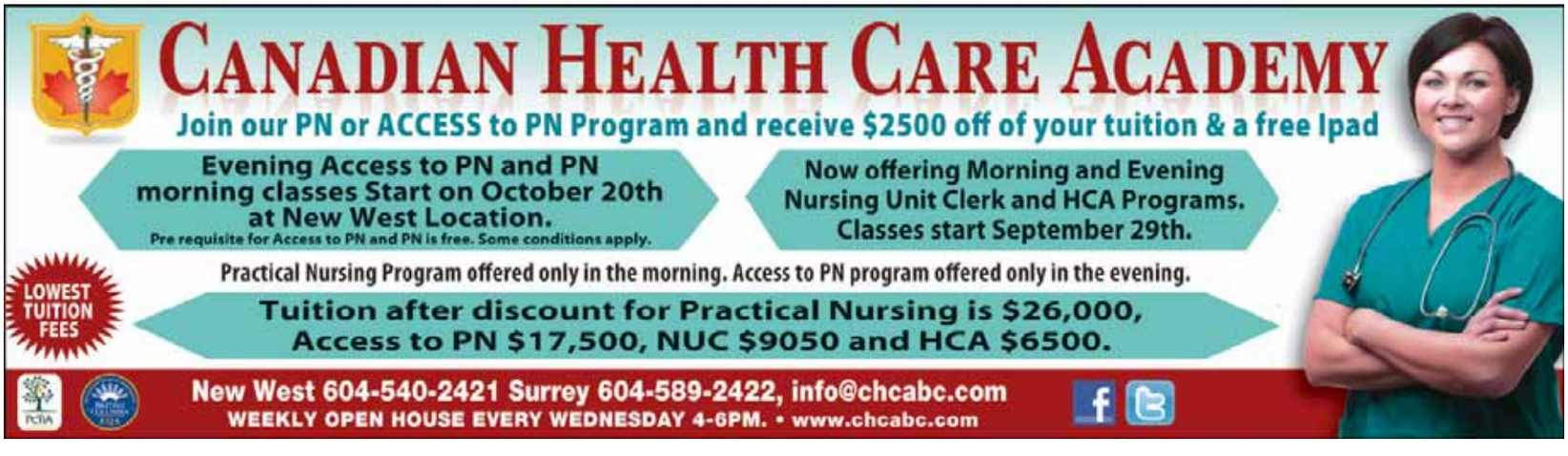
The Indian Residential Schools Adjudication Secretariat — an independent body which helps resolve long-standing claims that address specific abuse of survivors — says just over 1,000 medical assessments completed so far focus primarily on ear, nose and throat ailments, as well as broken bones.

Marie Wilson, commissioner for the Truth and Reconciliation Commission, said lasting injuries are not surprising, given the way residential school students were treated.

"We have had many, many people talk to us about the physicality of the punishment, which often was a cuff on the ear or being pulled by the ear or being dragged across the room by the ear," she said.

"People talked to us about hearing loss that came with being whacked at the side of the head. That seemed to have been something that happened on a very common basis at some of the institutions," she said.

"There were a number of accounts of children being very severely physically treated, including sometimes being thrown downstairs or shoved downstairs." THE CANADIAN PRESS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Cable snaps

## Two hurt on Ohio amusement ride

An Ohio amusement park ride that swings riders up to 125 feet in the air has been closed indefinitely after a cable snapped, injuring two visitors.

Cedar Point spokesman Bryan Edwards says a cable on the Skyhawk ride disconnected at about 10 p.m. Saturday. One guest went to a hospital for evaluation, while the other was treated at the scene.

It wasn't clear whether the two guests had been riding Skyhawk when they were injured or whether they were on the ground. Skyhawk has two giant arms that swing riders at speeds of up to 60 mph.

Edwards says Skyhawk will remain closed until an investigation into the cause of the accident is completed. THE ASSOCIATED PRESS

Times Square

## 'Spider-Man' arrested for slugging cop

A man dressed as Spider-Man was arrested on charges he slugged a police officer who told him to stop harassing tourists in Times Square.

Junior Bishop, 25, of Brooklyn, was charged with assaulting an officer, resisting arrest and criminal mischief.

The New York Police Department said the officer assaulted Saturday — one of about 50 officers patrolling the bustling tourist area — stepped in after Bishop demanded at least $5 from a woman he posed for a picture with, instead of the $1 tip she offered.

Police said a costumed Bishop "put out his hand and told the woman 5s, 10s or 20s only." Police said the officer told him he could only accept tips. THE ASSOCIATED PRESS

# Harper's vision: Less on feminists, more on wars

**Thérèse Casgrain award mothballed.**
First female leader of a political party

Michele Nadeau, president of the Thérèse Casgrain Foundation, holds a replica of a stamp depicting her grandmother Thérèse Casgrain in Montreal, Friday, July 25. GRAHAM HUGHES/THE CANADIAN PRESS

The Harper government has spent millions to commemorate the War of 1812 and other episodes from Canadian history, but has also erased at least one inspiring piece of the past.

Thérèse Casgrain, a feminist icon and Quebec heroine who died in 1981, has been quietly removed from a national honour, to be replaced by a volunteer award bearing the prime minister's banner.

The Thérèse Casgrain Volunteer Award was started in 1982 by the Liberal government of Pierre Trudeau.

It honoured Canadian activists such as June Callwood until it was eliminated — unannounced — by the Harper government in 2010.

An image of Casgrain and her namesake volunteer-award medal also disappeared from Canada's $50 bank note in 2012, replaced by the image of an icebreaker on a new currency series.

An image of the so-called Famous Five women was removed from the same bank note.

"It was a very difficult thing for the family to see the award disappear all of a sudden," Michele Nadeau, Casgrain's granddaughter, said in an interview. "It was a great disappointment."

Human Resources and Skills Development Canada, which had administered the Casgrain award, was instructed in 2010 to create a Prime Minister's Volunteer Award in its place, to be handed out in a ceremony each year presided over by Stephen Harper.

Casgrain fought for the right of Quebec women to vote, which they finally won in 1940. She also became the first female leader of a political party in Canada, heading the CCF in Quebec, and was appointed to the Senate in 1970 by Trudeau.

The Casgrain Award was killed once before by the Progressive Conservative government of Brian Mulroney in 1990, but was revived in 2001 by the Chrétien Liberals. THE CANADIAN PRESS

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# Singin' the (financial) summertime blues

HOW TO ROLL
Alison Griffiths
metronews.ca

Oh those summertime blues! There's something about being halfway through the sunny season that makes us sag. All those warm weather projects you dreamed up in rainy April are on the shelf. Here are four financial boo-hoos for July.

**1. Employment**
The jobless rate hit 7.1 per cent, putting us on par with the United States. However, our neighbours to the south saw a year-over-year decline of 1.4 per cent in the unemployment rate.

Worse, the student unemployment rate is 12 per cent, unhealthily high for all those hoping to finish post-secondary studies without a mammoth student debt.

Even worse, youth unemployment (for those under 25 and not in school) is stuck at 13.4 per cent. That's bad news for parents hoping to use their basements for something other than storing their jobless offspring.

**Just the stats**

**$36**

A basic, light-use cellphone plan cost $31 in 2013 in Canada. Today's cost: $36 (not including taxes, access fees, etc.).
Source: The Wall Report

**2. The economy**
Growing at a snail's pace, in short. On an annualized basis, growth as defined by GDP (gross domestic product) in July was a meagre two per cent. For the likes of you and me, that means continued high unemployment particularly among the under-35 crowd. But as the economy slumps, prices do not. Inflation topped 2.4 per cent in July, again on an annualized basis. How unfair!

**3. Interest rates**
While some will cheer four years and counting with the prime rate firmly rooted at a historically low three per cent, I will play the Gloomy Gus. Ultra-low rates are actually keeping first-time buyers out of the market as real estate prices nationally keep rising in most major markets.

Also, low rates are a killer for seniors and fixed-income investors. Desperate for income, many are turning to stocks and equity mutual funds to boost their returns. This is a terrible idea because such investments are far riskier.

**4. Cellphone hit**
Yay! Cellphone contracts are now capped at two years. Boo! In response, the wireless cabal is increasing basic rates. I call that giving with one hand and taking with the other.

# Loblaw. Grocer marks 25 years of G.R.E.E.N.

When Loblaw decided to start selling environment-friendly products 25 years ago, the word green had barely evolved from being a colour description.

The grocery giant was the first major Canadian retailer to showcase a line of green-branded products and wasn't completely confident customers would be willing to pay more to save the planet.

Even the man spearheading the initiative, folksy pitchman Dave Nichol, wouldn't have considered himself a bona fide tree hugger.

**1989**

Loblaw launched a line of green-branded products, President's Choice G.R.E.E.N., in June 1989.

"Dave used to ask me why I was wasting my bloody time ... trying to save the bloody planet," said Paul Uys, who worked with Nichol to launch President's Choice G.R.E.E.N in June 1989. Nichol died last year at age 73.

"But right from the get-go, he had believed that the market, therefore the consumer, was ready for a game change in terms of having the ability to make a difference."

Nathalie St-Pierre, with the Retail Council of Canada, said the appetite for eco-friendly products has grown in the last few decades, with consumers now demanding choices that can lessen their impact on the earth. THE CANADIAN PRESS

**$2.2M bill**

## 'Dumpcano,' and the budget fight to quench it, rages on

Government officials are to meet this week to consider a plan for putting out a dump fire that has been fouling the air in Nunavut's capital for more than two months.

The city of Iqaluit just doesn't have the $2.2 million it would take to quench the blaze and its nostril-searing smoke, said fire chief Luc Grandmaison.

"We're asking them (the territory) to help us with resources."

The fire began May 20 and has been dubbed the "dumpcano" — a term Grandmaison regrets having coined, because he feels it belittles the seriousness of the situation.

The combustion is centred somewhere deep within the massive pile of trash that is the Iqaluit city dump. The burning section — about the size of a football field and up to four storeys deep — is a smoky cauldron of untold numbers of household garbage bags.
THE CANADIAN PRESS

A stubborn dump fire smoulders away in Iqaluit, Nunavut, in this aerial view taken by fire officials on May 23.
IQALUIT FIRE DEPT./THE CANADIAN PRESS

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# BEWARE THE EYES IN THE SKY

URBAN COMPASS

**Paul Sullivan**
vancouver@metronews.ca

Call me paranoid. That doesn't mean they're not watching … or worse.

"They" in this case are unmanned aerial vehicles (UAVs), a.k.a. drones, which anyone can assemble and fly for under $2,000. And I mean anyone. As long as your drone weighs less than 35 kilograms and is not being used for commercial purposes, you're legal.

Equipped with a digital camera or cameras, you can find out what's happening on the other side of your neighbour's fence. Or you could grab some footage for that documentary you're doing about Wreck Beach. Good times!

Enthusiasts who argue that UAVs are just a kind of model airplane 2.0 are being more than slightly disingenuous. They're essentially little helicopters with eyes, equipped with GPS and impressive maneuverability. Perfect for crossing the line.

First, there's the safety line. An Air Canada pilot landing at YVR recently was more than a little disconcerted when he spotted a hobby drone a few metres from his plane. And it wasn't the first close encounter at the airport.

In downtown Vancouver, a drone shooting a commercial crashed into a building. Oops.

Then there's the fireworks line. Fireworks look really cool through the lens of an up-close GoPro, as you can see for yourself on YouTube.

So, before this weekend's fireworks, Vancouver Police had to worry about drones along with the usual drunken idiots.

Obviously, a drone inadvertently auguring into the crowd at English Bay could spoil the buzz, but a drone could also collide with other airborne surveillance, e.g. the RCMP chopper.

Talk about fireworks.

Then there's the creepy line. Numerous women complain of drone-stalking, and there's really no law against some creep with a drone as long as said creep has his UAV in sight and allows it to fly no more than 122 metres up into the sky. So you're not even safe from Peeping IT Tom if you live on the 35th floor.

Finally there's the real scary line. The Masters of War have already adopted weaponized drones as a handy new way of killing people. And, depending on the model, they can be difficult to trace with radar and even harder to take down.

It gets scarier when you realize that even hobby drones are capable of carrying a payload of several pounds, e.g. enough explosives to wreak serious havoc if that's your thing. Recently, some guy in Connecticut was about to mount his own private war against schools and public buildings when he was busted and authorities took away his remote control, just in time.

So, why are these things legal again? They may be clever technology, but obviously the software guiding the device has not caught up with the device.

## LOOKS PEATY FUN

**Stephen McDonagh takes part in the Irish Bog Snorkelling championship at Peatlands Park Sunday in Dungannon, Northern Ireland. The annual event sees male and female competitors swim the 60-metre length of the bog watched by scores of spectators and takes place on International Bog Day.**

ALL PHOTOS CHARLES MCQUILLAN/GETTY IMAGES

### Get bogged down in the facts

**In bog snorkelling, competitors complete two consecutive lengths of a water-filled trench, cut through a peat bog, in the shortest time possible. Competitors must wear snorkels and flippers, and complete the course without using conventional swimming strokes, relying on flipper power alone.**

- The activity started in 1976 near Llanwrtyd Wells, Wales, U.K.
- It began as a result of an over-the-bar conversation in a bar between a few regulars.
- The World Bog Snorkelling Championship, first held in 1985, takes place annually every August Bank Holiday at the dense Waen Rhydd peat bog, near Llanwrtyd Wells in mid Wales.

SOURCE: WIKIPEDIA

### For the win

## 1 min 23.13 seconds

The current world record holder in bog snorkelling, Dineka Maguire, set a time of 1 minute 23.13 seconds, at a speed of 4.75 kilometres an hour.

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### MetroTube

## If this ain't puppy love, it doesn't exist

ANDREW FIFIELD
andrew.fifield@metronews.ca

**Aside from rare talents such as Grumpy Cat or Maru, most of our pets don't really contribute much to the household aside from good looks, amusing antics and maximum love.**

**But that's cool, pets. We know the arrangement. You can't all be Grumpy Cat.**

**But you *can* be more like Casey the Schnauzer here, who loses her damned mind when owner Rebecca Ehalt returns home after a two-year absence. Actually, she sort of loses her body, as well. (Rebecca Ehalt/YouTube)**

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Analysis

## *What you missed at Comic-Con*

**1. The big surprise? No surprises.**
This was the apparently the year of studios keeping things to themselves. No big casting revelations like Doctor Strange or Captain Marvel, no new comic book movie release dates announced. Marvel, DC and their respective studios showed the fans a good time, sure, but not necessarily their money's worth.

**2. Wonder Woman**
While it wasn't really a surprise, it was nice of Zack Snyder to unveil the first image of Gal Gidot as Wonder Woman in the upcoming Batman v. Superman: Dawn of Justice. And of course that immediately led to hours of debate online about whether the costume was the best thing ever or the worst thing ever.

**3. Bring on Last of Us**
OK, here's some big news: One of the most ambitious and most successful video games in recent years, the dystopian Last of Us, is making the jump to the big screen thanks to director Sam Raimi (Spider-Man, Drag Me to Hell).

**4. TV takes over**
This Comic-Con was pretty lacklustre as far as film was concerned compared to previous years, but the current Golden Age of Television — and legions of fans — made up for it, with packed houses for the likes of Game of Thrones, the Walking Dead and Hannibal. Who needs to go to the multiplex, anyway?

NED EHRBAR/MWN

# Welcome to the best day party at Comic-Con

**Wired Café.** Metro sits down with Wired's publisher to learn what happens behind that velvet rope

NED EHRBAR
Metro World News in Hollywood

For six years running, Wired magazine has been giving media and entertainment professionals a respite from the insanity of Comic-Con with the Wired Café, an all-day lounge just removed enough from the Convention Center and packed with food, drink and gadgets galore. And in that time it's become one of the hotter tickets in town. We talked to Wired Publisher Howard Mittman about keeping the Café fresh.

### Establishing yourself at Comic-Con

"We really thought long and hard about how to package and position ourselves here and whether or not we felt like we had the permission with our brand to be here and what we can contribute," Mittman says of the early days. "So noticing that everyone else was shouting over themselves at night, creating something of value and importance during the day to court those people who are all getting the exact same invitations after dark was a really nice way for us to stand out."

### Giving the people what they want

"For us, the Wired Café has been an oasis in the middle of Comic-Con for what I like to say is the Five Percenters — the five per cent of people here who aren't just fans but are the industry that propagates this, be it Hollywood or bloggers," he says. "I think a part of this experience is bringing just enough of what happens outside of our four walls in without allowing too much. I think also the level of exclusivity that it brings — intentionally putting a velvet rope up around it and making it so that it is some place where only those whom we've invited can come in — keeps it special and keeps it something that has a bit of a gravitas above the traditional event here."

Actor Pedro Pascal who plays Oberyn Martell on Game of Thrones, attends the WIRED Café at Comic Con in San Diego last week. GETTY IMAGES

**AUGMENTED REALITY**

→ It was a dark season on Game of Thrones, but that didn't prevent the cast from flubbing some of their lines. Scan this photo with your Metro News app to see some season 4 bloopers!

metro AR → See the full instructions on Metro's Voices page.

### Establishing a reputation

"What we have seen over the last handful of years is that obviously as it gains in notoriety and gains in exposure and popularity, like anything it becomes easier to push out," Mittman says. "We've seen a huge shift, frankly, in the way that celebrities and more specifically their management teams and P.R. representatives are seeking us out to make sure they are on the list to be here, and that's a really nice change from six years ago when we launched it and we were trying to lure people."

### Dealing with imitators

"Look, we didn't invent the party, right? We weren't the first people to throw a party during the day, but I think we were the first brand that has the ability to combine the sort of power and access of Hollywood and entertainment with the thought-leading ... "

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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Chris Martin

## Gwyneth, Chris Martin still in love

Chris Martin is really terrible at this whole splitting up with your wife thing. The Coldplay frontman caved during a recent interview and talked about his separation from Gwyneth Paltrow, and he couldn't stop himself from being really nice. "The thing we told everyone at the beginning of the year is true. We are very close. We are not together. But we're, you know, that's the truth and that's it. You know, there's a lot of love. No scandal, I'm afraid. I wish I could give you scandal." Me, too, Chris.

The Word

## *Pink puppy pic ends rumours of Miley's death*

STARGAZING
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**Fans feared that Miley Cyrus had died after she failed to post anything on social media for three whole days.** Fortunately, she finally resurfaced and posted a picture of a pink puppy wearing a hat made of feathers, eating a bag of weed while sticking its tongue out at old people.

**This week in couples who are probably only in it for the publicity.** 1) Ian Somerhalder and Nikki Reed are photographed canoodling at a farmers' market. 2) Sofia Vergara and Joe Manganiello are photographed strolling hand-in-hand. 3) Zac Efron is seen leaving Michelle Rodriguez's house in the morning with an overnight bag and a skateboard. 4) Wait. What did they use the skateboard for? We may have to re-categorize the relationship as "possibly real."

**Brody Jenner says he didn't go to step-sister Kim Kardashian's wedding because he doesn't know Kanye West "at all."** As excuses go, it's somewhat better than, "I accidentally got stuck in a lot of rhubarb," but not as good as, "I was kidnapped by a duo of utterly incompetent female criminals and forced to dance for pennies in an unpopulated area."

**Brad Pitt and Angelina Jolie's first film together since Mr. & Mrs. Smith will be called By The Sea.** It's the tale of a fisherman and his wife who are so hot and into each other that they forget to fish and die of hunger.

**Things we don't want to hear any more about.** 1) The super-creepy Trivago guy. 2) Sandra Bullock starring in a biopic about Brownie Wise, the creator of the Tupperware party. 3) Adam Levine's wedding. 4) Prince George and that stupid butterfly. 5) How Beatle George Harrison's memorial Los Angeles tree was eaten by ... wait for it ... beetles.

Kristen Stewart ALL PHOTOS GETTY IMAGES

## Director finalizes split from wife after Stewart affair

Two years after Rupert Sanders' affair with his Snow White and the Huntsman star, Kristen Stewart, the British director's marriage to model Liberty Ross is over. The pair finalized their divorce last week, citing irreconcilable differences, according to TMZ. Court documents show that Ross gets the couple's house in Los Angeles, two of their London homes, 15 per cent of any profits from any of Sanders' movies, half of all their liquid assets, $300,000 a year in spousal support and joint custody of their children, Skyla, 10, and Tennyson, 8.

Charlize Theron

## Theron's new gold ring hints at Penn engagement

Charlize Theron fuelled speculation that her whirlwind romance with Sean Penn will soon become legitimate when she stepped out wearing a telltale ring on her ring finger. Theron flashed the sparkling piece of jewelry while passing through LAX airport recently, and E! News has identified it as an 18-karat yellow gold Anita Ko Leaf Ring that retails for $4,900.

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## Mushrooms are good, chemicals are bad

Susan Sarandon probably has more fun at Burning Man than you do on your average weekend. The star got candid about her feelings on drug use during an interview with the Daily Beast: "I'm not new to the idea of mushrooms," she admits. "I don't really like chemical things, really. Timothy Leary was a friend of mine, so that acid was nice and pure, but I'm not really looking for chemicals, and I don't like to feel speedy. But I've done Ayahuasca and I've done mushrooms and things like that. But I like those drugs in the outdoors — I'm not a city-tripper."

Susan Sarandon

Twitter

**@ladygaga**
All I want is vintage designer and frenchies. Is there a place I can go for help? A hospital perhaps?

**@MarlonWayans**
I don't regret ... I just rejoice.

**@mindykaling**
I should be a detective, I always find out about everything.

# Stop spending, start saving

**Stash that cash, now.** The sooner you start saving, the easier it is to grow your nest egg

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Tucking away those dollars now will pay off big-time down the road. ISTOCK

Folks always think they're going to have plenty of time to save ... later. There are so many other demands, from student loans still dogging our steps to mortgages recently acquired. It's easy to push savings to the back burner. But when you ask 40- and 50-year-olds what they would have done differently with their money, they say, "I would have started saving earlier."

We love to pay lip service to how important it is to save. And we all know that getting our debt paid off should be a priority. So why do we delay taking steps to making savings and debt repayment happen? Perhaps it's because we haven't made the things we say are important into things urgent enough to do something about.

If you start saving in your early 20s, you need only put away about six per cent of your take-home pay to end up with enough to maintain the lifestyle you enjoyed before you retired. Wait until you're in your 30s to start and you must stash 10 per cent. Procrastinate until you're in your 40s and you'll have to sock away 18 per cent of your after-tax income to have what you'll need.

So would you rather save six per cent of your cash flow over your working life or have to come up with 18 per cent just as your kids are heading into university?

Saving doesn't mean ignoring your debt. If you're carrying a balance on your credit card or line of credit, getting it paid off must be a priority. But, as long as you are "not saving," you will find it too easy to continue not saving. Creating an automatic savings program with as little as $25 a month will put momentum on your side. It also puts time on your side so you won't have to take as much out of your cash flow to have what you need later.

If you let spending get in the way of savings and debt repayment, you'll get to the end wondering where all the money went. Paying down your debt or ramping up your savings may not be as sexy as a sunny vacation, but the benefits will last longer. And it doesn't take a lot to make a big difference. Add an extra $100 to your monthly payment on your $250,000 30-year mortgage at 4.5 per cent and you'll knock almost $33,000 off your interest costs over the life of your mortgage. You'll also get to mortgage-free four years faster.

People come up with all kinds of excuses for delaying their debt repayment or not setting aside any money for the future. Usually it's because we just don't want to stop doing what we're doing. From the small expenses like that smartphone's data plan, to buying $5 cups of coffee or dropping the odd $40 on takeout, we find it far easier to keep doing what we've always done. In the moment, consumption feels more urgent than the need to save or pay down debt.

Your spending habits are all distractions from savings and debt repayment.

Eliminate a bad habit or three, forgo an indulgence, eliminate a bill or cut an essential cost back and you'll have some money to throw at your debt. Round up, accelerate, prepay and you'll be able to say, "I'm mortgage free" that much sooner.

Choosing to prioritize mortgage repayment or paying off that line of credit over consumption of something new, sparkly or luscious can feel like settling for salad when you're in a gourmet restaurant. But being disciplined enough to put your financial security above your need to scratch your consumption itch is what being responsible is all about.

The last thing you want to do is head into retirement still owing money. Mortgage pay-down and saving for the future won't be sexy unless we make them sexy.

Calculate what you're saving in both interest and time by getting to mortgage-free faster and post it where you can remind yourself of your goal. Track what you're accumulating in savings as you go and you'll have the satisfaction of knowing you're ready to retire because you can see the results of your hard work.

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**Get serious!**

**If you're serious about savings and debt repayment, here's what you'll do:**

1. Set a goal. Decide how much you want to have saved and by when. Or create a debt repayment plan with an end-date for your debt. Write it down and post it on your fridge, on your office wall and on your bathroom mirror.
2. Go over your spending and decide what you're going to stop spending money on so you have the money to save or pay down the debt.
3. Do it.
4. Track your success and reward yourself for each milestone you hit.

## Turn it off. Kids learn and play better without TV on

Researchers at the University of Iowa say children's social and emotional development is enhanced in the absence of a television playing in the background while they're doing something else, like playing a game or interacting with friends and family. They also found that educational television increased executive function. As for background TV, they found that it can divert a child's attention from play and learning. The study was published in the Journal of Developmental and Behavioral Pediatrics. AFP

Kids not watching? Turn TV off. ISTOCK

**Weight survey**

## Heavy kids who see weight as normal a concern

Nearly a third of children in a U.S. Centers for Disease Control and Prevention survey didn't have an accurate idea of their own weight — most of them heavy or obese children who viewed themselves as normal. Experts say the findings are a reason for concern because obese children who settle into an unhealthy physique face diabetes and other health problems later in life. THE ASSOCIATED PRESS

## Sexual desire. Do you need a 'responsive' partner?

It's widely considered the spark that ignites romance, but a team of researchers wanted to know exactly what heterosexual singles mean by saying they're seeking a partner who is responsive to their needs because, as results indicate, inconsistencies in expectations can shake things up.

Although men are more likely to become sexually attracted to a responsive woman, the question of responsiveness was less important to female participants during early dating.

"Sexual desire thrives on rising intimacy and being responsive is one of the best ways to instill this elusive sensation over time," says lead researcher Gurit Birnbaum of the team hailing from the Interdisciplinary Center (IDC) Herzliya, the University of Rochester and the University of Illinois at Urbana-Champaign.

"Our findings show that this does not necessarily hold true in an initial encounter, because a responsive potential partner may convey opposite meanings to different people." AFP

Analysis

## What's right for you or what's right in front of you?

Remember that the right option for you might not be the most obvious. ISTOCK

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

**The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.**

When facing adversity with fear omnipresent, most of us will invariably choose the option of least resistance. We'll choose whatever's in front of our eyes without questioning what's right for us.

After running the Gobi and the Atacama, I signed up for the Sahara Race along with eight other local executives to raise money for a charity. None had ever run an ultra-marathon before, let alone a multi-day one. Consequently, I was the de-facto "coach." My brief to the group was daunting but simple: Build up to running long distances, but cross-train and stretch in equal measure.

Not unlike my own struggles when I prepared for my first race, they, too, fell into the trap. So worried about having a strong enough running base to complete the Sahara, they focused on doing just that: running. A lot! Despite knowing it would be best to vary the training and do what was best for their bodies, they kept on running, each time adding the strain of running's repetitive motion which ultimately led to fatigue and injuries.

Most of us just can't help ourselves. When under stress, if the little voice inside us is screaming to stop and think, it may just be time to listen. If not, we perpetuate doing what's right in front of us as opposed to what's right for us.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

# My job brings me joy and I'm not afraid to say it!

**Canadians content with careers.** Most employees don't care about titles and promotions as much as bonuses and salary, Capital One survey finds

Employees of today value a workplace that makes them feel involved and important. ISTOCK

Most Canadian workers really like their jobs, and they're proud to say so.

According to a new Capital One survey, Canadians are very satisfied employees indeed — so much so that 69 per cent say they are not only proud to work for their current employer but enjoy telling people what they do for a living and would like to stick around for few years.

Recruiters take note, though: nearly three-quarters (72 per cent) of workers say that given the choice, they would stay with their current employer for at least two or three more years, reveals the report released Thursday.

The results refute the belief that Millennials, those aged 18 to 34, lack commitment and prefer frequent job-hopping, with two-thirds of younger Canadians saying they would be more than happy to stay put for the next three years, noted Jenny Winter, who heads human resources at Capital One.

"It's interesting and validating," said Winter, whose firm employs a substantial number of young workers.

"With the job market looking increasingly unstable and the high Baby Boomer population struggling with job security, Millennials are clearly looking for stability and have a strong desire to stay in their jobs," said Winter.

**Ditching the desk**

- The top three things employers do to make workers consider quitting their job include bad workplace morale at 18 per cent, constantly increasing workload without financial reward at 17 per cent and not feeling appreciated at 13 per cent.

After being named one of the 50 best large workplaces in Canada this year by the Great Place to Work Institute, Capital One wanted to get a better sense of what Canadians value in an employer in order to attract and maintain top talent in the competitive financial services sector, Winter explained.

The survey of 1,500 people across the country found that titles are overrated. Only one in 10 people surveyed put a promotion at the top of their wish list, while regular bonuses and annual pay increases were number one with 37 per cent of respondents.

**Here to stay**

**"Millennials are clearly looking for stability and have a strong desire to stay in their jobs."**

**Jenny Winter**
Head of human resources at Capital One

While compensation is a top priority for employees, the study found that more than half of Canadians (51 per cent) believe work/life balance is more important than money. Forty-four per cent cited flexible working hours and the ability to work remotely as one of the top three things employers can do to increase job satisfaction.

Personal and professional development were also revealed as motivators, with 41 per cent saying they prefer opportunities to take courses and attend conferences related to their professional development to increase job satisfaction.

Twenty-four per cent also said that mentoring from senior staff is most likely to keep them content at work.

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# Sun-dried tomatoes reinvent burgers

## Miniature Sun-dried Tomato Burgers with Goat Cheese.

This dish proves that good things come in small packages

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

There are endless possibilities for adding zest to your summer grilling when you make your own burgers. Sun-dried tomatoes, for example, give burgers a unique flavour.

I like to buy sun-dried tomatoes in bulk and keep them in the freezer. To rehydrate them, I either soak them in hot water for 15 minutes or cover them with water and microwave on high for one minute.

For a less carb-laden burger, skip the bun. Just make smaller burgers and garnish them with a dollop of goat cheese and chopped sun-dried tomatoes.

**FLASH FOOD**

From your fridge to your table in 30 minutes or less

**Nutritional information**

**Per serving:** 280 calories, 8 carbohydrates, 1.3 g fibre, 28 g protein, 15 g total fat. 6 g saturated fat, 140 mg cholesterol, 450 mg sodium.

Feel free to substitute goat cheese for another cheese. Meat-wise, choose chicken, pork or turkey for the ground beef.

If you're using red meat, the key to keeping it healthy is to use lean ground beef.

Four ounces of lean ground beef has only 190 calories, seven grams of fat and three grams of saturated fat. Compare that to regular ground beef, which has over 300 calories, 20 grams of fat and eight grams of saturated fat for the same portion!

**Ingredients**

**Burgers**
- 1 lb extra lean ground beef
- 1/4 cup dry seasoned bread crumbs
- 1/4 cup chopped rehydrated sun-dried tomatoes
- 3 tbsp barbecue sauce or ketchup
- 1 egg
- 2 tsp minced garlic
- 1 tsp dried basil
- 1/2 tsp dried oregano

**Sauce**
- 3 tbsp barbecue sauce
- 2 tsp light mayonnaise

**Garnish**
- 3 tbsp crumbled goat cheese
- 1/4 cup finely diced sun-dried tomatoes
- 8 slices tomato

### Directions

**1.** To make burgers: In bowl, combine all burger ingredients. Form into 8 smaller patties. On a grill sprayed with cooking spray, cook patties on one side over medium heat for 5 minutes. Turn and cook 3 to 5 minutes longer or until cooked through. (Alternatively, bake in preheated 450 F oven for 10 minutes or until cooked through, turning once.)

This recipe serves four. ROSE REISMAN

**2.** To make sauce: In a small bowl, mix sauce ingredients.

**3.** Place a slice of tomato on large serving plate. Place one burger on tomato and garnish with sauce and top with goat cheese and sun-dried tomatoes. Repeat with the remaining burgers.

## Snack. Black Olive Hummus

**1.** Add the chickpeas, tahini, water, oil, lemon juice, garlic and chili paste to the bowl of a food processor.

**2.** Purée the mixture until it is smooth. Add the olives and, combined and garnish with the basil.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

**Ingredients**

- 1 cup canned chickpeas, drained and rinsed
- 1/4 cup tahini (sesame seed paste)
- 3 tbsp water
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp crushed garlic
- 1/2 tsp chili paste
- 1/3 cup finely diced black olives
- 2 tbsp chopped basil or parsley for garnish

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# Missed chances, mistakes = 2-2 tie

**MLS.** Whitecaps lose out on valuable points in third straight draw

CAM TUCKER
cam.tucker@metronews.ca

The Vancouver Whitecaps once again had a lead. Once again, they coughed it up. Once again, they came away with a single point.

The Whitecaps, playing FC Dallas in a pivotal Western Conference matchup at BC Place Stadium on Sunday, got on the board first thanks to a goal from Darren Mattocks, then conceded two goals on defensive brain cramps before battling back for a 2-2 tie.

It's the club's third straight draw. The Whitecaps have one win in their past eight games.

Vancouver moves into the fifth and final playoff spot in the conference, ahead of the L.A. Galaxy — for now.

"It hurts like a loss," said goalkeeper David Ousted.

Mattocks had a chance midway through the first half to give Vancouver a two-goal lead, but he shanked his shot toward a wide-open net, coming away with nothing.

Shortly after that, FC Dallas evened the score on some poor defending from the Whitecaps. Blas Perez benefited, chipping a loose ball into the net.

A dreadful miscommunication between Ousted and centre back Carlyle Mitchell in the box essentially gave FC Dallas a freebie second goal.

Ousted appeared to have a bead on a high ball delivered into the box, but Mitchell came leaping into the air to head the ball away. Mitchell got his arm on the ball, giving referee Kevin Stott no choice but to call a penalty.

The centre back position is sure to get more attention in Vancouver with the sudden retirement of injured 34-year-old captain Jay DeMerit.

The Whitecaps do have a now healthy veteran in Andy O'Brien, who was on the bench.

But they have only four central defenders on their roster as of right now. Mitchell, at the age of 26, is second oldest.

This performance from Mitchell and one less option for head coach Carl Robinson to choose from has highlighted the club's need to bolster this position.

"I've got this group here and I'm happy to work with this group," said Robinson.

"Every team in the world could want to strengthen areas at certain times. When the time is right, if we find the right personnel, we will strengthen (the team)."

The Whitecaps' Gershon Koffie challenges FC Dallas' Moises Hernandez for the ball on Sunday at BC Place Stadium.
DARRYL DYCK/THE CANADIAN PRESS

**Quoted**

**"When the time is right, if we find the right personnel, we will strengthen (the team)."**
Whitecaps head coach Carl Robinson

**Tour de France**

## 'Flag-bearer of anti-doping' crowned champ

Vincenzo Nibali won the Tour de France on Sunday, becoming the first Italian in 16 years to triumph in cycling's greatest race by chiselling a lead over his main rivals a few seconds at a time and dominating them in the mountains.

The 29-year-old Sicilian, who during the race called himself "a flag-bearer of anti-doping," finished in a bunch behind Marcel Kittel, who won the 21st stage in a sprint finish.

Astana team leader Nibali is only the sixth rider to win all three Grand Tours — France, Italy and Spain.

Nibali won four stages — a feat not equalled by a Tour winner since Lance Armstrong won five a decade ago. The Italian wore the yellow jersey for all but two stages since Stage 1. THE ASSOCIATED PRESS

**Commonwealth Games**

## Canada earns pair of bronze medals

Canada picked up a bronze in the pool and another on the cycling track on Sunday at the Commonwealth Games.

Victoria's Hilary Caldwell finished third in the women's 200-metre backstroke, while Quebec City's Remi Pelletier-Roy did the same in the men's 20-kilometre scratch race.

That brings Canada's overall medal haul at the Games to 18 — seven gold, three silver and eight bronze. THE CANADIAN PRESS

# Furyk can't shake off Clark

Tim Clark, right, is congratulated by Jim Furyk for winning the Canadian Open golf championship on Sunday at Royal Montreal Golf Club.
PAUL CHIASSON/THE CANADIAN PRESS

When Jim Furyk's charge to a third RBC Canadian Open title stalled in the final round, Tim Clark decided to go for it.

The 38-year-old South African, whose wife is Canadian, fired five birdies on the back nine to overtake Furyk on the 15th hole and hold on to win the tournament at Royal Montreal on Sunday.

Clark shot a 5-under-par 65 to finish at 17-under-par 263 and claim his second career PGA Tour victory and the $1.026-million US winner's prize.

"It looked like Jim wasn't going to make any mistakes," said Clark, who had moved into contention with a 64 on Saturday. "He was pretty solid, so I knew I had to make birdies.

"At that point, there was nothing to lose. Suddenly I got hot and I went with it."

It was another frustrating defeat for Furyk, who has now lost seven tournaments in a row in which he led after 54 holes.

He went into the final round with a three-stroke cushion but never found traction. He shot 69 to come second at 16-under 264.

Graham DeLaet, from Weyburn, Sask., was the top Canadian, finishing at 10-under 270. THE CANADIAN PRESS

**AUGMENTED REALITY**

→ Scan the image with the Metro News app for a gallery of Sunday's final round of the Canadian Open.

→ See the full instructions on Metro's Voices page.

## AUGMENTED REALITY

**Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**

metro AR

→ See the full instructions on Metro's Voices page.

## Horoscopes by Sally Brompton

### ♈ Aries
**March 21 - April 20**
Yes, your life is in a bit of a rut but you're not the sort to sit there and cry about it. Over the next few days you will get the chance to make some major changes, so start thinking now.

### ♉ Taurus
**April 21 - May 21**
Today's cosmic activity means you will need to spell everything out in simple language. If you leave even the smallest room for doubt then lines will get crossed.

### ♊ Gemini
**May 22 - June 21**
There is no point trying to make sense of what's going on. The more you try to analyze the situation the more complicated it will look, so leave well alone.

### ♋ Cancer
**June 22 - July 23**
If you don't make an effort to slow down, you could end up crashing into an obstacle that has no give at all. Even a Cancerian needs to accept that they are not immune to failure.

### ♌ Leo
**July 24 - Aug. 23**
Treat people fairly this week, even if they don't deserve it. Just because they have broken the rules does not mean you must do likewise.

### ♍ Virgo
**Aug. 24 - Sept. 23**
What you are being offered may seem generous but is it really that good? The planets indicate that you should actually hold out for more.

### ♎ Libra
**Sept. 24 - Oct. 23**
If what you are working on refuses to conform to your expectations maybe you should draw a line under it and go back to basics. Also, accept that it doesn't help in any way to set such difficult targets.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
Stop worrying what others might think about you. You are who you are for a good cosmic reason. No one has a right to suggest you be something else.

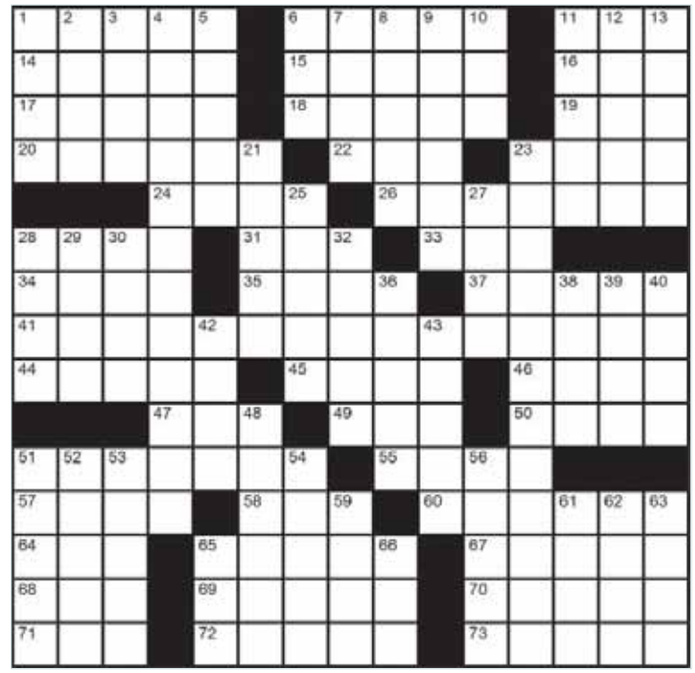
### ♐ Sagittarius
**Nov. 23 - Dec. 21**
Don't just go by what others tell you. Get out into the world and experience it for yourself. You may discover that a lot of what you were told was nonsense.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
What you hear today may not thrill you, but neither is as bad as some people are trying to make out, so don't overreact. A negative thought can easily become self-fulfilling prophecy.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
Yes, you are still heading in the right direction. No, your life does not need a major rethink. Focus on putting one foot in front of the other this week and you'll move closer to your goal.

### ♓ Pisces
**Feb. 20 - March 20**
Career issues seem to be taking up a lot of your energy but you know from past experience it will all come right in the end.

## Crossword: Canada Across and Down by Kelly Ann Buchanan



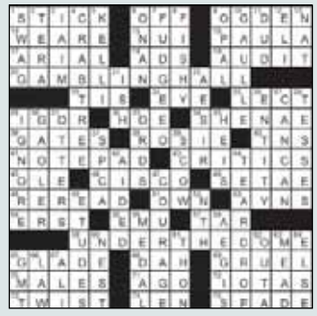
**Across**

1. Capt. Kirk colleague
6. 'Ds' of CDs, variantly
11. II
14. React to trying icky-tasting food: 2 wds.
15. Fancy neckwear
16. Dadaist Jean
17. New Orleans-set HBO series
18. "__ Harry" (1971)
19. Blind Melon costume
20. Felt
22. Litigate
23. Rime
24. Keats tributes
26. __ Bubble Gum
28. Someone from Helsinki's country
31. Central
33. Mr. Neill
34. From the start again
35. Margarine
37. Jared __ (Ben Chartier's portrayer on Bravo police drama "19-2")
41. QOR: Reserve regiment of Canada, founded 1860 (See #65-Across for more): 3 wds.
44. Flare
45. __ _ date
46. Treadmills music video band: 2 wds.
47. Authorize
49. Tibetan ox
50. Actor Stephen's
51. Sparkly stuff
55. "Shoop" by Salt-n-__
57. One-of-some for mascara
58. Picture-taker, briefly
60. Green __ (Dragonfly found in Canada)
64. Rosemary Clooney's "Come __-_ My House"
65. Colonel-in-__ (What Prince Charles' wife Camilla is for #41-Across)
67. Writer Charles' bookish surname
68. Lamb's laugh
69. Cringe
70. Debated dispute
71. As written
72. Like net-work
73. Pile

**Down**

1. Drill instructors [abbr.]
2. Canadian actress Jessica
3. Moulding style
4. Glasgow, Scotland: Team Canada is currently partaking in The __ Games
5. Weak-__
6. Sitcom, "Major __"
7. Egyptian Myth: Daughter of Geb
8. Tidy thoroughly
9. Elias __, Montreal-born actor
10. Swine spot
11. Verboten
12. __ havoc
13. Marx Brothers movie, "A Night at the __" (1935)
21. Band's audition tapes
23. Spirit of the West song that begins "You'll have to excuse me...": 4 wds.
25. Fodder holders
27. "Draw the Line" Canadian songstress Ms. Ibrahim
28. Helpful website sections, commonly
29. __ __ to one's ears
30. Portraitist, Alice __
32. Disney duck
36. Available for pouring: 2 wds.
38. Ms. Sommer
39. Sonic the Hedgehog company
40. Bears: Spanish
42. Nikita's negative
43. Did some gardening
48. Electronics whiz
51. Dollops
52. Hawaiian island
53. Hanson member
54. Pours
56. Joni Mitchell's "Free Man in __"
59. __. Engr.
61. Moon-landing org.
62. Schooling [abbr.]
63. Stench
65. Valley, in Wales
66. Comic actress Tina

### Friday's Crossword



### Online

See today's answers at metronews.ca/answers

## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 9 | | 5 | 8 | 1 | | | |
| | | | 3 | | | | | 6 |
| | 5 | | | | | | | 9 |
| 9 | | | | | | | 6 | 4 |
| | 2 | 3 | 1 | | 4 | 9 | 5 | |
| 4 | 6 | | | | | | | 3 |
| 6 | | | | | | | 8 | |
| 5 | | | | | 7 | | | |
| | | | 9 | 1 | 6 | | 2 | |

### Friday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 4 | 3 | 8 | 6 | 2 | 9 | 7 | 1 |
| 9 | 6 | 2 | 5 | 7 | 1 | 4 | 3 | 8 |
| 7 | 8 | 1 | 9 | 4 | 3 | 6 | 2 | 5 |
| 4 | 3 | 9 | 7 | 2 | 8 | 5 | 1 | 6 |
| 2 | 7 | 6 | 1 | 5 | 4 | 3 | 8 | 9 |
| 1 | 5 | 8 | 3 | 9 | 6 | 7 | 4 | 2 |
| 6 | 1 | 5 | 2 | 3 | 7 | 8 | 9 | 4 |
| 8 | 9 | 7 | 4 | 1 | 5 | 2 | 6 | 3 |
| 3 | 2 | 4 | 6 | 8 | 9 | 1 | 5 | 7 |

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**$2799** MSRP $3699

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**PACKAGE PRICE**
**$4999** MSRP $6898

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